

Parkinson’s Support Groups Around the State

Annandale
2nd Wednesday at 6:30 pm, Epiphany Byzantine Church. Contact the Parkinson’s Foundation of the National Capital Area; (703) 287-8729

Arlington
2nd Tuesday at 2:00 pm, Calvary United Methodist Church. Contact the Parkinson’s Foundation of the National Capital Area; (703) 287-8729

Ashburn
See information under Loudon PDSG

Bedford
2nd Thursday at 2:30 pm, Carillion Bedford Memorial Hospital – Conference Room. Contact: Dave or Meg Ballard; (540) 586-1406

Bridgewater
1st Saturday at 10:30 am, Bridgewater Retirement Community; contact George Ellis; (540) 828-1118.

Centreville/Chantilly
4th Saturday at 10:00 am, Sully Senior Center. Contact the Parkinson’s Foundation of the National Capital Area; (703) 287-8729

Charlottesville
2nd Monday at 1:30 pm at Westminster Canterbury of the Blue Ridge (on Pantops). Contact Susan Dietrich; (434) 243-5422

Danville
1st Wednesday at 2:00 pm, Trinity Methodist Church. Contact Jay or Ruth Whitt; (434) 792-2067

Fairfax
3rd Thursday at 2:00 pm, Little River Glen Senior Center. Contact the Parkinson’s Foundation of the National Capital Area; (703) 891-0821

Falls Church
*Every Tuesday at 10:15 am, Providence Recreation Center. Contact: Leon Paparella; (202) 966-4450

*CarePartners Group – Each Tuesday at 11:00 am, Providence Recreation Center. Contact the Parkinson’s Foundation of the National Capital Area; (703) 891-0821

Fishersville
1st Saturday, 2:00 pm, Blue Ridge Church of Christ; contact: Keith Shank; (540) 255-1847

Fredericksburg
Last Wednesday at 10:30 a.m.; Contact: Jim & Earline Haney; (540) 371-7334

Front Royal
1st Wednesday at 1:00 pm, The Sutherlands. Contact: Lee Mangene; (540) 635-8122.

Hampton
1st Tuesday at 3:00 pm; Sentara CarePlex. Contact: Susie Garrison; (757) 827-2170

Harrisonburg
3rd Saturday at 1:00 pm, Cancer Center, Rockingham Memorial Hospital. Contact: Eva Showalter; (540) 879-9743

Loudoun
1st Tuesday from 1:00-2:30; Ashburn Public Library; contact Gary Heinberg; 703-404-5563

Lynchburg
3rd Tuesday at 2 pm at The Summit. Contact: Edith Crie; (434) 239-4354

Newport News
3rd Wednesday at 1:00 pm, Mary Immaculate Conference Center. Contact: Cynthia Dowd; (757) 886-6381
4th Wednesday, 7 p.m., Riverside Regional Medical Center; call: Sandy Snapp; (757) 534-5408

Norfolk
3rd Wednesday; 5:30 pm dinner and 6:30 pm Parkinson’s meeting. First Baptist Church; Contact Greg Smith; (757) 362-0586

Northern Neck/Middle Peninsula
3rd Wed at 1 p m and 1st Mon at 10:30 am (carepartners group) Rappahannock Westminster Canterbury. Contact: Rita DePew; (804) 435-9553

Richmond
1st Tuesday of each month at 7:00 pm, (Discussion); Circle Center, 4900 W. Marshall St., (behind Krispy Kreme on Broad St.) Contact: Ann Spinks; (804) 355-5717

3rd Sunday at 2 pm at Health South (Educational); 5700 Fitzhugh Avenue; contact: Kathy Morton; (804) 730-1336

4th or last Thursday each month at 1 pm PADRECC, McGuire VAMC; contact: Lynn Klanchar; (804) 675-6952

Roanoke
3rd Tuesday at 2:00 pm Ronald McDonald House. Contact: Eric Anderson; (540) 721-1994

1st Saturday; see listing under Young Parkinson’s

Rustburg
4th Friday at 2 pm; Hyland Heights Baptist Church; contact Bobby Dill; (434) 426-4866
For Those With Any Disability

Suffolk, Chesapeake, & Portsmouth
1st Saturday, 1 pm, Church of St. Therese, contact Barb Voelkel; (757) 538-0655

Virginia Beach
4th Monday, 1:30 pm; Thalia United Methodist Church; Contact Jill Valentine; (757) 687-8923

1st Wednesday, 10 am. St. Andrew’s United Methodist Church; contact Zelia Graham; (757) 321-7119

Williamsburg
2nd Monday at 1:30 pm, Williamsburg Landing. Contact Joan Byrne; (757) 898-6674

Young Parkinson’s Groups

Tidewater area, contact Greg Smith at (757) 362-0586

Roanoke area (Vinton), 1st Saturday at 10 a.m.; Vinton Library; call Melissa Johnson; (540) 297-5981

For those who cannot afford special equipment or supplies needed to manage the daily challenges of Parkinson’s disease, please contact The Melvin Weinstein Parkinson Foundation; Marsha Anthony, (757) 313-9729; OR help@mwpf.org; OR www.mwpf.org

December 9, 2009